

we pride ourselves on being a community school big enough to match the best - small enough to care

# 16 October 2015

# From the Principal's Desk

# **Board of Trustees Report**

The Board held a general meeting on Thursday 22 September in the Transition room. We said farewell to our student representative, Tyrone Braven and thanked him for his contribution to the Board over the past 12 months. It is not an easy job to be a student and have to express your views at Board level but Tyrone did an excellent job and we wish him well next year as he furthers his studies. We will welcome Samuel Moncur to the position at our next meeting and we are looking forward to hearing his perspective on 'things Menzies'.

The Board then had a presentation by Mr Stuart Clark on his programme to help our senior students transition to tertiary education and the work force. He demonstrated and explained the computer programmes that he uses to track students' progress and interests to identify their strengths and possible career paths and also outlined his interview programme. The Board were very impressed with the strength of this programme and encourage our senior students to take full advantage of all that the transition department has to offer.

Two of the main points that Mr Clark made were the need for students to consider working and saving for tertiary education early, as the deposits that are required for halls of residence can be quite an ask early in the study year and they are not covered by student loans. Also, the need for more trades people, is providing a big opportunity for those that might wish to start a career in a trade and we need to be taking advantage of this.

Other matters discussed at this meeting included:

- Board succession planning, as there are Board of Trustee elections in 2016 and we will have a number of vacancies. If you
  are interested in joining the Board please contact myself or any of the other Board members to discuss the role of a
  trustee and perhaps come along and observe a board meeting.
- 2. The process of Principal Appraisal was discussed and an outside provider will be engaged to carry out this process again in 2016.
- 3. The Board voted to retain 100% of the profits of the sale of the school houses at 10 Raglan and 21 Florence Streets and these funds must be added to our 5YA (building project funds).
- 4. The Principal reported on a number of matters including the progress of senior students towards gaining NCEA at the various levels and most students are on track to meet their targets. Those that are at risk are getting extra support form the staff to ensure they have opportunities to gain extra credits.
- 5. A number of Duke of Edinburgh camps were approved and also a request for maternity leave was granted.

The Board wish to extend their best wishes to all the senior students as they head into exam mode. We hope that they follow the good advice that has been given to them and achieve all the success that they deserve.

Our next meeting is at 7pm on 29 October in the Fabrics Room.

Carole Bee, Chairperson

#### **Paid Union Meeting**

Next Thursday, 22 October school will be finishing at 1pm. Staff are required to attend a Paid Union Meeting in Invercargill to discuss the recent STCA settlement. Students can be picked up from school from 1pm. Any students that are staying at school and waiting for buses will be supervised by staff members in the library for the afternoon. Buses will be running as per normal. The lost period will be made up on Wednesday Period 5 in Week 3.

Gerry Ward, Principal

#### YouthMark Award

Last night I attended the Secondary School's YouthMark Awards where Caleb Young was presented with his award in recognition of his service to the school over the past seven years in the academic, cultural and sporting fields. Fifty-one Year 13 students from across the province were recognised and it's absolutely mind blowing how talented the youth of Southland are. It would be nice to have a few more of our senior students receive this award but with our roll size we are only entitled to one.

# **Scholarships Awarded**

On another pleasing note, Tomazina Koppen-Pavlovich and Holly Smith both received \$6,000 leadership scholarships to attend Otago and Lincoln Universities respectively. This is the second year running that Menzies has received the Lincoln scholarship.

Gerry Ward Principal

#### PB4L

Congratulations to Hayden Stuart, Sarah Andrews, Shaz Harvey, Jake Aitcheson-Marwick and Mrs Kennedy for winning the achievement draw this week. All students received the award for 'Striving for Excellence'.

## **Options Night**

A reminder that the Options Night is on **Monday 19 October at 7pm** in the school hall. This is a great opportunity for parents/caregivers and students to discuss options for next year and make an informed decision.

## **Careers Department**

#### **Dr Victor Harris Memorial Trust Scholarship**

Applications for this scholarship close on Wednesday 21 October.

#### **Community Trust of Southland - School Leaver Scholarships**

If you are committed to achieving an overall excellence endorsement in NCEA Level 3 for the 2015 academic year, then our School Leaver Scholarship valued at \$2,000 could be for you. To be eligible you will need to have achieved NCEA Level 3 with an overall excellence endorsement, be a NZ Citizen or permanent resident, be residing in the CTOS area and have done so for three years or more. For detailed information, including eligibility visit www.ctos.org.nz or call 0800 500 185. Applications close 31 March 2016.

## **School of Social Services**

An information evening is being held on Tuesday, 20 October from 5.30pm to 7pm at SIT in H Block, Level 6, Room H601, entrance on Forth Street, Invercargill. Find out more about Social Services and Foundation Learning Careers working with and caring for people in our community. Want to enter the work force but need to polish up on some basic skills? We can can help improve your English, numeracy, computer/study skills and employment skills, along with a wide range of electives that will help you pursue a career in a number of key industries. Contact School of Social Services, 0800 762 786, www.op.ac.nz

### **Southland FGW Trust Study Grants**

Grants up to \$2000 are available to female students undertaking full-time degree or post-graduate level study in 2016. Applicants will have the potential to succeed and be able to demonstrate financial need. For an application form email glenda@glendagraham.co.nz or text 027 228 3919. Applications close on 1 February 2016.

#### **FMG Scholarships**

New Zealand's leading rural insurer FMG is offering two scholarships to students wanting to study agriculture or agribusiness degrees at Lincoln, Waikato or Massey Universities in 2016. The scholarship pays \$5000 towards fees for each year of the recipient's undergraduate degree. For more information or to apply online – go to www.fmg.co.nz/scholarships. Applications close 5 December 2015.

Stuart Clark Careers Advisor

#### **Tutorials**

#### Enalish 10°

There are no set tutorial times but students can see Ms Swale at interval and/or lunchtime each day. There will be NO afterschool tutorials. When students go on exam leave in November, they will be able to come for a tutorial when they would normally have their ENG101 class.

#### Art

Tuesdays and Wednesdays from 3.15pm to 5.30pm.

| Importan       | t Dates                                |   |  |  |  |
|----------------|--|---|--|--|--|
| October        | 15-20                                  | Life Education Bus (Year 7 & 8 students)  |  |  |  |
| Octobei        | 17                                     | Awards night for soccer   |  |  |  |
|                | 19                                     | Option Night (Note change of date)  |  |  |  |
|                | 26                                     | Labour Day Observance (school closed)   |  |  |  |
|                |  |   |  |  |  |
| November       | 2                                      | Gore Rotary Club. Young Achievers Awards – Year 8 students  |  |  |  |
|                | 3                                      | Pet Day (Year 7-8)  |  |  |  |
|                | 5                                      | Science Road Show - school hall   |  |  |  |
|                | 6                                      | Last day of school for senior students  |  |  |  |
|                | 9-3 December                           | NZQA Examinations   |  |  |  |
|                | 30 -3 December                         | Year 10 Camp at Mavora  |  |  |  |
| December       | 4                                      | New Entrants Day  |  |  |  |
|                | 7-9                                    | Integrated Curriculum   |  |  |  |
|                | 9                                      | Senior Prizegiving  |  |  |  |
|                | 10                                     | Junior Prizegiving  |  |  |  |
|                |  | Last day of school  |  |  |  |
|                | 11                                     | Teacher Only Day  |  |  |  |
| one, we would  | roc very graceral. T                   | · · · · · · · · · · · · · · · · · · ·   |  |  |  |
| Thank you to t | ······································ |   |  |  |  |
| These photos a |  | in the office foyer. They are 13cm x 18cm and cost \$12 each. Envelopes for orders and money are nd close on <b>Friday 23 October.</b> Cheques are to be made payable to Geoff Horrell Photography. |  |  |  |
| Congratulation | as a representative p                  | the students who played representative sports over the holiday break. It is a great achievement player as it takes dedication and commitment in their chosen field. A report will be included in a  |  |  |  |
|                |  |   |  |  |  |

# **Farm Location Maps**

The Lions' Club are once again selling Farm Location maps. The map encompasses Southland, West Otago, Western and Northern Southland. These cost \$35 each and is a fundraising venture for the school. If you wish to purchase one, please complete the form below and return to school with the money attached. Orders will be collated and books sent home when we receive them from the Lions' Club.

| the Lions' Club. |                     |
|------------------|---------------------|
| Name of Student: | Class:              |
| No. Required:    | Amount attached: \$ |

# 2015 NCEA Information - How many credits do I need?

#### **NCEA Level 1**

You need 80 credits at Level 1 or above.

#### **NCEA Level 2**

You need 80 credits of which 60 need to be at Level 2 or above

#### **NCEA Level 3**

You need 80 credits of which 60 need to be at Level 3 or above. The other 20 credits need to be at Level 2 or above.

### Literacy and numeracy requirements will be included at each level.

You need 10 credits in literacy and 10 credits in numeracy at Level 1 and above.

#### How are my results recorded?

Any credits you achieve will be recorded against your name and National Student Number (NSN). You can log in to see your records at www.nzqa.govt.nz/login For more information go to www.nzqa.govt.nz/ncea



QUALIFY FOR THE FUTURE WORLD

|         |              |        | 2015 Ex               | amination Timetab                         | ie                      |                            |
|---------|--------------|--------|-----------------------|---|-------------------------|----------------------------|
| Day     | Date/Tim     | е      | Level 1               | Level 2                                   | Level 3                 | Scholarship                |
| Day 1   | Fri 6 Nov    | 9.30am |                       |   |                         | Drama                      |
| Day     | FILO MOV     | 2.00pm |                       |   |                         |                            |
|         |              |        |                       | Weekend                                   |                         |                            |
| Day 2   | Mon O Nov    | 9.30am | Mathematics           |   |                         | Te Reo Māori               |
| Day 2   | Mon 9 Nov    | 2.00pm |                       | English                                   |                         |                            |
| Day 3   | Tues 10 Nov  | 0.20   | C-i                   | Earth and Space                           |                         |                            |
|         |              | 9.30am | Science               | Science                                   | Making Music            | Biology                    |
|         |              | 2.00pm |                       | Mathematics                               |                         |                            |
| Day 4   | Wed 11 Nov   | 9.30am | Music                 |   |                         | English                    |
|         |              | 2.00pm | Te Reo Māori          | Home Economics                            | Chemistry               | Samoan                     |
| Day 5   | Thurs 12 Nov | 9.30am | Geography             | Te Reo Māori                              | Home Economics          | Statistics                 |
|         |              | 2.00pm | Social Studies        | Economics                                 | English                 | Otatiotics                 |
|         |              |        |                       | erbury Anniversary Day                    | Liigitori               |                            |
|         |              |        |                       | Weekend                                   |                         |                            |
|         | 14 4011      | 9.30am | English               | Biology                                   | Health                  | Physics                    |
| Day 6   | Mon 16 Nov   | 2.00pm |                       | Media Studies                             | Music Studies           | 1 1173103                  |
|         | - /          | 9.30am | Japanese              | Physics                                   | Classical Studies       |                            |
| Day 7   | Tues 17 Nov  | 2.00pm | Media Studies         | Titysics                                  | Drama                   | Calculus                   |
|         |              | 9.30am | French                | Dance                                     | French                  | Media Studies              |
| Day 8   | Wed 18 Nov   | 2.00pm | TOTOT                 | Spanish                                   | Economics               |                            |
|         |              | 9.30am | Physics               | Samoan                                    | Economics               | Spanish                    |
| Day 9   | Thurs 19 Nov | 2.00pm | Health                |   | Ototistiss              | Geography                  |
|         |              | 9.30am | Dance                 | French                                    | Statistics              | Te Reo Rangatira           |
| Day 10  | Fri 20 Nov   |        |                       | History                                   | Physics                 | French                     |
|         |              | 2.00pm | Biology               | Accounting                                | History                 |                            |
|         | 1            | 0.200  |                       | Weekend                                   |                         |                            |
| Day: 44 | M 00 M       | 9.30am |                       | Chemistry                                 | Te Reo Rangatira        | Classical Studies          |
| Day 11  | Mon 23 Nov   | 2.00pm | Home Economics        | Agricultural and<br>Horticultural Science | Biology                 | Accounting                 |
| Day 12  | Tues 24 Nov  | 9.30am | Chemistry             | Classical Studies                         | Earth and Space Science | Music                      |
|         |              | 2.00pm | History               |   | Business Studies        | History                    |
| Day 13  | Wed 25 Nov   | 9.30am | Drama                 | Japanese                                  | Geography               |                            |
| Jay 13  | VVed 25 NOV  | 2.00pm | Economics             | Drama                                     | Calculus                |                            |
| Day 14  | Thurs 26 Nov | 9.30am |                       | Geography                                 | Japanese                | Economics                  |
|         |              | 2.00pm | German                | Latin                                     | Art History             |                            |
| Day 45  | Fri 27 Nov   | 9.30am | Business Studies      |   | Media Studies           | Chemistry                  |
| Day 15  |              | 2.00pm |                       | Art History                               | Chinese                 | Latin                      |
|         |              |        |                       | Weekend                                   |                         |                            |
|         | Mon 30 Nov   | 9.30am | Agricultural and      |   | Agricultural and        | 01:                        |
| Day 16  |              | 9.30am | Horticultural Science | Music                                     | Horticultural Science   | Chinese                    |
|         |              | 2.00pm | Chinese               | Health                                    | Accounting              | Art History                |
| Day 17  | Tues 1 Dec   | 9.30am | Accounting            |   | German                  | Japanese                   |
|         |              | 2.00pm | Classical Studies     | Business Studies                          | Te Reo Māori            | Earth and Space<br>Science |
| Day 18  | Wed 2 Dec    | 9.30am |                       | Chinese                                   | Spanish                 | Odelice                    |
|         |              |        |                       | Education for                             |                         | Agricultural and           |
|         |              | 2.00pm | Spanish               | Sustainability                            | Dance                   | •                          |
|         |              | 9.30am | Samoan                |   |                         | Horticultural Science      |
| Day 19  | Thurs 3 Dec  |        |                       | Te Reo Rangatira                          | - 00-                   | -                          |
| -       |              | 2.00pm | Te Reo Rangatira      | Social Studies                            | Samoan                  | German                     |
|         | Fri 4 Dec    | 9.30am | Latin                 |   | Social Studies          |                            |
| Day 20  | Fri 4 Dec    | 2.00pm | Art History           | German                                    | Latin                   |                            |

## **Menzies College Soccer**

#### Menzies College Soccer players invited to Football South FTC's

So far, Katelyn McEwan, Rhylee McGregor and Marina Ferguson have been invited to attend the Football South Federation Talent Centre in Invercargill. The students will have the opportunity to attend two trainings a week with experienced coaches during Term 4, 2015 and Term 1, 2016. The Federation FTC's are there to teach players the NZ Football style of play that is required to become an International player for New Zealand. These can lead on to other opportunities like the NZ Football Talent Centres. This is going up another level again and will be a good challenge for the girls.

#### Menzies College player now in West Ham United Academy System

After attending West Ham United's National Academy in Auckland during the holidays, Rhylee McGregor is now a member of West Ham United Academy's system. Rhylee will have more camps to attend next year and then may have an opportunity to travel to England next year if she is selected to attend West Ham United Academy in London.

#### **Menzies College Soccer Players Perform for Southland**

Well done to all the students from Menzies that represented Southland at recent tournaments over the holidays. Holly and Summer Smith played for the 17th Grade girls' team at Methven and finished in 4th place. That was the best result ever for Southland at the 17th Grade tournament - well done girls! In the 14th Grade, Sarah Andrews, Nadine Martin, Marina Ferguson, Rhylee McGregor and Kately McEwan performed very well and their team improved as the tournament went on and won two out of their last three games. The girls were very happy to beat Mid-Canterbury 2 -1 and finish in 8th Place.

#### Menzies College Soccer Awards Night - Saturday 17 October

This event will take place on Saturday 17 October with a start time of around 7pm to 7.30pm. The awards are sponsored by the Mataura Licensing Trust, Walker Mowers and Kelly Irwin First National Real Estate. 1st XI Boys and Girls teams, Development team, Three Rivers Tournament, College Football League and National Tournament awards will be presented as well as awards for Most Valuable, Most Improved, Most Supportive and Player of the Match. Skills Badges and certificates will also be presented. These are the awards where you, the players, have voted on them with the 3's, 2's, 1's, etc. This will be a formal dress occasion, with the awards ceremony first and then dance and supper to follow. Refreshments will be available to be purchased at the event. Tickets will be on sale from the Menzies College Office from Monday 21 September and are \$5.00 a ticket. All Menzies College soccer players, boys and girls, are asked to attend as there is something for everyone. We are inviting sponsors and hoping to make this an annual event. The funds raised from ticket sales will go towards costs for Menzies College Soccer in 2016. All Menzies College students and families are welcome to attend.

# MLT Summer Socca Draw - Monday 19 October

#### Kids League - Round 3

Edendale Bulldogs vs Galanetis Dinosaurs 4pm, Edendale Magpies vs DILLIGAF 4pm, Crusaders vs Gladiators 4.30pm, Classified vs Wyndham 4.30pm

#### **Round 4**

Galanetis Dinosaurs vs Classified 5pm, DILLIGAF vs Edendale Bulldogs 5pm

Please note no kids league games on 26 october.

#### **Adults League Games**

(Pool A) Round 3 - Completely Stuffed vs ILumaniti 5.30pm, The Wolf Pack vs Avengers 5.30pm, The Offcuts vs LOL 6pm

(Pool B) Over the Hill vs Expendables 6pm, Level One Barbarians vs SRB 6.30pm

(Pool A) Round 4 LOL vs The Wolf Pack 7pm, Avengers vs ILumaniti 7.30pm

(Pool B) The Monster Minions vs Over the Hill, 7pm

Please note adults league do have games on Monday 26 october.

Keep up to date with our Facebook page 'MENZIES COLLEGE SOCCER' put it in to the search engine on internet and it will appear. If you need any more information please contact me here at Menzies College - Carl Lambert (03) 2064979 or clambert@menzies. school.nz

#### Important up-coming dates

17 October Menzies College Soccer Awards Night
 19 October MLT Summer Socca Adults & Kids League
 26 Octover MLT Summer Socca Adults League Only

Carl Lambert Organiser

# **Menzies College Sports Tour 2018**

Thank you to those that attended the AGM of the Menzies College Sports Tour on Wednesday night. We are pleased to announce the new executive are: Chairperson Lois Heads, Treasurer Pam Yorke and Secretary Sue Poole. There are copies of the 2015 financial statement available from the school office.

Many thanks again to the team that made the 2015 tour happen and good luck to the new crew.

# **Community Notices**

#### **Wyndham Community Pool**

(a) The Wyndham Community Pool has re-opened for the summer season. Subscriptions can be purchased from Lees Dairy and Menzies College Office. A season membership costs \$80 plus \$10 bond for those that don't already have a key.

Upcoming events - Our Fireworks Extravaganza is on at the Wyndham Racecourse, on Friday 13 November.

#### b) **Swimming Programme**

We are looking at running a weekly after school swimming programme for children in Years 1 to 6 with Fiona Dooley as the head coach. If you are interested in enrolling your child in coaching groups we will be having a meeting at the pool on Thursday, 22 October at 4pm to gauge interest. Any queries to Carlyn Stewart on (03) 2064373.

#### (c) Committee Meeting

This will be held on Wednesday 21st October in the Menzies staffroom at 7.30pm. Apologies to Carlyn on (03) 2064373.

#### **Edendale Tennis Club AGM**

Monday 19 October, 7.30pm at Pioneer Tavern, Edendale. Phone Kathryn (03) 2066836.

#### **Menzies Netball Club**

- (a) **Coaches -** We are seeking coaches for the 2016 season for teams from Years 9-13. Teams play in the Eastern Competition, Gore. Please forward expressions of interest to Sue Shaw, Secretary at rb.sishaw@woosh.co.nz or 0272924412.
- (b) **Meal** This will be at the Howl at the Moon, Gore on Wednesday, 28 October at 6.30pm for a fun get together and to thank Year 13 players. Everyone is welcome including coaches, managers and other players. Please get back to Sue on 0272924412 by 22 October with numbers attending.

# **Vetco Wyndham & Districts Pet Day 2015**

## Information for Parents/Caregivers/Children

This is to be held on Tuesday 3 November with judging commencing at 10am at the Wyndham A & P Showgrounds and the theme is sheep. All children must attend Pet Day as it is a school day. The likelihood of this day being postponed is extremely unlikely, in other words, be prepared for PET DAY being on! Entries are to be handed to your teacher by **FRIDAY 23 OCTOBER.** Children may enter ONE pet and ONE other non-pet entry OR TWO non-pet entries.

Below is a list of choices for your entries:

Lamb/Goat Cat Woodwork
Calf Poultry Needlework

Dog Other Pet Sandsaucer (Preschool and Years 1 & 2 only)

Pony Science/Model Floral arrangement (Years 1-6)
Baking – Muffins Baking – Biscuits Baking – Large Cake (Years 3-6 only)

Fancy fruit & vegetable Invention

**Art:** The only artwork to be entered will be done at school based on this year's theme, SHEEP. Each school will be responsible for displaying this on the evening prior to Pet Day. Each child must wear a NAME tag. This makes it so much easier for the judges and stewards. The label should have: child's name, school and year. There is no set lunch break. You have lunch when you have a suitable break. There will be a BBQ available which is generously put on by the ANZ.

Vetco Trophies: These will be awarded at the end of the day after the Grand Parade (approximately 1:30-1:45pm).

**Vetco Sashes:** Each child who participates at the Pet Show will receive a sash for their efforts. This can be collected after judging from the Secretary's office.

A gold coin donation is required at the gate. Also, a can of pet food for the SPCA can be left in the barrel at the gate as you enter the grounds.

### **Public Health Nurse**

A reminder that the Health Nurse visits Menzies College every Tuesday from 8.45-9.45am and is available for student consultations in the Guidance Councellor's office. If any parent/caregiver wishes to make an appointment on behalf of their child, please ring the office.

# WELL CHILD SERVICE NEWSLETTER

# **Term Four Issue 51**

## Public Health Nurses, Vision Hearing Technicians

Phone Numbers

Invercargill 03 2110012 Gore 03 208 7015 Te Anau 03 249 7717 Lumsden 03 248 7997 Queenstown 03 450 9162



For further information and/or access to previous Newsletters please contact the Invercargill office

#### **Community Health Care for Families**

Awarua Whanau Services

90 Forth Street, Invercargill Phone 03 218 6668

TE KĀKANO Nurse-led Clinics

Enquires to Nadine on 03 218 6668 or 021 915487 Providing health advice, education and/or support. Working alongside your GP or local hospital to enable the best care for you.

Invercargill Clinic

South Centre, 9 Jenkin Street, Invercargill

• Wed: 2pm to 5pm weekly

#### Bluff Clinic

Awarua Runanga Office, 12 Bradshaw Street, Bluff

Mondays once a month varied times

#### Mataura Clinic

Mataura Community Centre, 1 Bridge Street, Mataura

• Mondays once a month varied times

#### Gore Clinic

Te Whanau o Hokonui Marae, 11 Hyde Street, Gore

• Mondays once a month varied times

#### **Community Oral Health Service**

Southern DHB Free dental care for 0-17 year olds. All Southland school clinic information available on 03 2145774, 0800 570 300 or check Yellow pages of phone book. Dental Emergencies Invercargill (all ages) – for the on call Dentist phone 03 218 6800

#### Family Planning Clinic

142 Esk St, Invercargill Phone 03 214 4978
CONSULTATION free under 22yrs
Mon – Fri 9am – 5pm Wed: 9am - 7pm
Nurse phone time for results Mon – Fri 11am – 11.30am
Drop in clinic Tuesdays 11am – 1pm

#### Healthline 0800 611 116 24 hour 7 day week service

Free to call from landline or cellphone  $\,$  For assessment and triage of symptoms, General health advice and information on health services throughout NZ

#### Nga Kete Matauranga Pounamu Charitable Trust He Puna Waiora – Wellness Centre

Level 2, 92 Spey Street, Invercargill 0800 925 242 GP and Nursing Services, Natural Therapies, Rongoa Massage Mon, Tue, Fri 9am – 5pm Wed 9.30am – 5pm Thurs 9am – 7pm

#### Number 10 Southland Youth One Stop Shop

10 Deveron Street, Invercargill

Youth/Rangatahi aged 10-24 years

Nurses Mon – Fri. Doctor available three times a week including weekly evening clinics with a doctor and nurse. For appointments phone 03 214 1013, text 027 472 4703 or go to Youth Reception.

Mon, Tues, Thurs & Fri 9am - 4.30pm

Wed 9am - 8pm - evening clinic

Please contact Number 10 for all your health and social services.

#### Pacific Island Advisory Charitable Trust

135 Bowmont Street, Invercargill 03 214 6089 Nurse 'drop in' clinic's every Tuesday and Thursday from 10am – 2pm.

Supporting Pacific Island patients and their families in the community to promote health & wellbeing.

#### Plunket Society

132 Kelvin Street, Invercargill Phone 03 2184 764 Nationwide Service. Please see your local phone book for nearest Plunket Service available in your area.

Plunket provides information, support and developmental assessments of your child at varying stages between birth and 3 years through home and clinic visits. Each visit gives you the opportunity to discuss parenting, family issues and your child's health and development. If you need support or help between Plunket visits please contact Plunket staff or phone Plunket Line on 0800 933 922.

#### **General Practices Taking New Patients**

Please contact Well South, Invercargill 03 214 6436 for an updated list. **All rural General Practices** are taking new patients within their areas in Southland. GP costs are available on <a href="https://www.wellsouth.org.nz/index.php">www.wellsouth.org.nz/index.php</a>

After hours Urgent Doctors 40 Clyde Street, Invercargill – open 6pm weekdays and 9am weekends. Phone 03 218 8821 for an appointment.

#### **Primary Mental Health Brief Intervention Service**

40 Clyde Street, Invercargill

This service is available to people who have been referred by their GP when experiencing difficulties related to mental wellbeing. The service offers free access to the Brief Intervention team with up to five sessions which includes support, assessment, treatment and referral to appropriate agencies as required.

If you are in a crisis and need urgent assistance please make contact with your GP or phone the Southern DHB Crisis Service who provide 24 hour service on 0800 467 846

#### The Sexual Health Clinic

**Southland Hospital** – Gate 1 off Elles Road, blue cottage diagonally opposite the Hospice Phone 03 214 5768 For STI screening, contraception and advice

Mon 11.30am – 1.30pm, 2.30pm – 6pm

Tue 7.30am – 9am (appointment only)

Wed 3.30pm - 6pm

Fri 10am – 2pm

Gore Hospital – Birch Lane Phone 03 209 3030

11am – 2pm every 2nd and 4<sup>th</sup> TUESDAY each month (no appointment required)



We are a Southland Wide Professional Community Based Well Child Service whose function is to empower children and their families/whanau to realise their full potential in health. Our aim is to promote and maintain well health by providing a quality client centred service that is accessible and culturally acceptable to all.

# Please support our sponsors



# MUNRO ELECTRICAL



- \* Effluent Systems
- \* Milking Equipment
- \* Pumps & Pressure Tanks
- \* Irrigation Equipment
- \* Electrical Services



Proudly Supporting Menzies College

**24HR** 

FUEL

CRT Cards

MTA, WOF

▲ BP Card

Offering seven day, 24 hour service

140 Bond Street, Invercargill Phone (03) 214 4292 \* Fax (03) 214 5408







- Sawdust & Bark Supplies Coal, Lignite Suppliers
- Gravel, Rock, Lane Maintenance

TITIROA 03 246 9726 WYNDHAM 03 206 4500



**LAKERS** 

Winner - 2013 New Zealand Travel Agency of the Year

Present this coupon at Laker House of Travel and receive 10% discount off your House of Travel International travel Insurance.

INVERCARGILL: 0-3-214 3500 laker@hot.co.nz 36-40 Kelvin Street, Invercargill GORE: 0-3-208 9308 gore@hot.co.nz 30 Main Street, Gore www.houseoftravel.co.nz



**Country Fried Chicken** 



LEES DAIRY & CAFE BALACLAVA STREET - WYNDHAM PHONE 03 206 4712

OPEN 7 DAYS

# RODGERS GARAGE LTD

**WYNDHAM** 



- RD cetrolexam
- Full workshop facilities Castrol Oils
- Hankook Tyres
- RDI Card

🙏 Diesel trailer tanker available Open 7.30am to 6.00pm Monday to Thursday 7.30am to 8.00pm Friday 9.00am to Noon Saturday

a St, Wyndham Ph/Fx/Ah 03 206 4770

# Programmes





4th Floor, Menzies Building

- NCEA Level 2

- ✓ Hairdressing National Certificate
   ✓ Hospitality National Certificate
   ✓ Sport and Recreation National Certificate



COMMUNITY COLLEGE SOUTHLAND

www.comcol.ac.nz

0800 887 007

## DEGREES with SIT and the Zero Fees Scheme

Applied Media Arts (Visual Media) **Audio Production** 

Commerce

Contemporary Music Digital Media

**Environmental Management** 

Fashion (Design and Technology) Hotel Management Information Technology

Sport and Exercise

Therapeutic and Sports Massage



0800 4 0 FEES www.sit.ac.nz

# **RD1 WYNDHAM**

SUPPORTING YOUR COMMUNITY

03 206 2010 9 BALACLAVA STREET, WYNDHAM



# Try our natural organic range of cheeses and yoghurts.

OUTHERN



www.retroorganics.co.nz robin@retroorganics.co.nz Ph 03-2037693

Have you visited our shop lately? 647 Mataura-Wyndham Road

# 🌋 Delo

Havoline

INVERCARGILL OIL: SHOP

For all your lubricants and grease requirements

Caltex Oil Distributor, Southland

Phone 03 218 2124 0800 2 buy oil

20 Spey Street Invercargill



24 hour emergency service



Edendale Clinic 14 Sweeney St, Edendale Phone (03) 206 6170

**Kennington Clinic** 

11 Clapham Rd, Kennington Phone (03) 230 4689

The Animal Health Professionals

Increase your sales. Advertise on school newsletter covers.

